

		→ MEAT FREE MONDAY ←		→ TUESDAY ←		→ WEDNESDAY ←		→ THURSDAY ←		→ FUN FRIDAY ←	
WEEK 1	Hot Meal Options	Quorn Pasta Bolognese served with mixed vegetables and garlic bread V	Homemade Cheese Whirl served with baked beans V	Meat and Potato Pie served with garden peas and gravy	Cheese and Tomato Pizza served with sunshine sweetcorn and crunchy chopped salad V	Cook's Roast Chicken Dinner served with roast potatoes, seasonal vegetables and gravy	Quorn Dippers served with roast potatoes and seasonal vegetables NEW V	Chicken Curry served with 50/50 rice, warm naan bread and sunshine sweetcorn	Tomato, Garlic and Basil Pasta Bake served with fresh seasonal vegetables and crusty garlic bread V	British Pork Sausage served with oven baked chips, peas and gravy	Harry Ramsden's Junior 100% Fish Fillet served with oven baked chips and mushy peas
	Daily Hot Selection	Jacket Potato with choice of tasty fillings and crunchy chopped salad V		Jacket Potato with choice of tasty fillings and crunchy chopped salad V		Jacket Potato with choice of tasty fillings and crunchy chopped salad. V		Jacket Potato with choice of tasty fillings and crunchy chopped salad. V		Jacket Potato with choice of tasty fillings and crunchy chopped salad. V	
	Cold Option	Choice Of Sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts		Choice Of Sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts		Choice Of Sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts		Choice Of Sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts		Choice Of Sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	
	Dessert	Cook's Homemade Apple Flapjack or Juicy Chopped Fresh Fruit or Yoghurt		Sliced Peaches In Juice served with Ice Cream or Juicy Chopped Fresh Fruit or Yoghurt		Decorated Strawberry Mousse or Juicy Chopped Fresh Fruit or Yoghurt		Lemon Drizzle Cake or Juicy Chopped Fresh Fruit or Yoghurt NEW		Cook's Assorted Fresh Baked Fruit Cookies Biscuit or Juicy Chopped Fresh Fruit or Yoghurt	

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WEEK 2	Hot Meal Options	Cheese and Tomato Pizza served with sunshine sweetcorn and crunchy chopped salad V	Quorn Swedish Style Balls served with pasta and tomato and basil Sauce NEW V	Beef and Onion Pie served with herby diced potatoes, mixed vegetables and gravy	Meat Free Cheeseburger served with herby diced potatoes and crunchy chopped salad NEW V	Cook's Roast Chicken Dinner served with creamed potatoes, seasonal vegetables and gravy	Macaroni Cheese served with crusty garlic bread V	Chicken Curry served with 50/50 rice, warm naan bread and sunshine sweetcorn	Homemade Cheese Whirl served with baked beans V	Crispy Chicken Fillet served with oven baked chips and sunshine sweetcorn	Birds Eye Fish Fingers served with oven baked chips and mushy peas
	Daily Hot Selection	Jacket Potato with choice of tasty fillings and crunchy chopped salad V		Jacket Potato with choice of tasty fillings and crunchy chopped salad V		Jacket Potato with choice of tasty fillings and crunchy chopped salad. V		Jacket Potato with choice of tasty fillings and crunchy chopped salad. V		Jacket Potato with choice of tasty fillings and crunchy chopped salad. V	
	Cold Option	Choice Of Sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts		Choice Of Sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts		Choice Of Sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts		Choice Of Sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts		Choice Of Sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	
	Dessert	Vanilla Cupcake or Juicy Chopped Fresh Fruit or Yoghurt NEW		Marble Sponge and Custard or Juicy Chopped Fresh Fruit or Yoghurt		Cook's Homemade Ginger Biscuits with Pears or Juicy Chopped Fresh Fruit or Yoghurt		Cook's Homemade Decorated Carrot Cake or Juicy Chopped Fresh Fruit or Yoghurt		Cook's Homemade Chocolate Muffin or Juicy Chopped Fresh Fruit or Yoghurt	

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WEEK 3	Hot Meal Options	Vegan Sausage Roll served with oven baked potatoes wedges and baked beans V	Quorn Vegan Nuggets served with oven baked potatoes wedges and baked beans V	Pasta Bolognese served with mixed vegetables and garlic bread	Margherita Calzone Pizza served with sunshine sweetcorn and crunchy chopped salad NEW V	Cook's Roast Chicken Dinner served with creamed potatoes, carrots, peas and gravy	Tomato, Garlic and Basil Pasta Bake served with fresh seasonal vegetables and crusty garlic bread V	Chicken Curry served with 50/50 rice, warm naan bread and sunshine sweetcorn	Meat Free Cottage Pie served with seasonal vegetables, beetroot and gravy V	Birds Eye Fish Fingers served with oven baked chips and mushy peas	Beef Burger served with oven baked chips and peas NEW
	Daily Hot Selection	Jacket Potato with choice of tasty fillings and crunchy chopped salad V		Jacket Potato with choice of tasty fillings and crunchy chopped salad V		Jacket Potato with choice of tasty fillings and crunchy chopped salad. V		Jacket Potato with choice of tasty fillings and crunchy chopped salad. V		Jacket Potato with choice of tasty fillings and crunchy chopped salad. V	
	Cold Option	Choice Of Sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts		Choice Of Sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts		Choice Of Sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts		Choice Of Sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts		Choice Of Sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	
	Dessert	Chocolate Crunch or Juicy Chopped Fresh Fruit or Yoghurt		Decorated Fruit and Jelly or Juicy Chopped Fresh Fruit or Yoghurt		Homemade Iced Sponge or Juicy Chopped Fresh Fruit or Yoghurt		Cook's Homemade Shortbread Biscuit or Juicy Chopped Fresh Fruit or Yoghurt		Homemade Apple Muffin or Juicy Chopped Fresh Fruit or Yoghurt NEW	

Local Kitchen is your local school meals service, providing fresh, healthy and tasty school meals to schools across Wigan.

We care about what your children eat, and with years of experience we understand what children need and what they enjoy. We are committed to promoting healthier lifestyles, encouraging children to try new foods and providing a high quality, value for money service.

To do this, we work closely with schools to create menus that are varied, nutritional, affordable and packed full of fresh, local food. We also guarantee a modern, efficient school meals service thanks to the Evolve smart online ordering system. This allows children to order their food, identifies any allergens and dietary requirements and means parents can top up digitally rather than dealing with cash. It also means we only prepare what's ordered, reducing food waste and speeding up service.

Special Diets and Allergies

It is our policy to provide a menu for those pupils with medically diagnosed food allergies, food intolerances, religious needs or medical conditions which affect eating requirements.

Please contact your school office in the first instance to inform them of your child's requirements.

Ensure your child has a Universal Infant Free School Meal and save your household up to £418.00 a year per child. There has never been a better time to make savings in your household!

From September 2014, all children in reception, year 1 and year 2 in England will automatically receive a Universal Infant Free School Meal as part of the governments new initiative.

However...if you are currently claiming one of the eligible benefits or your household income is below the governments threshold, then it is extremely important that you still complete an application form so your child's school receives further funding from the pupil premium, which is used by the school to support your child's education.

If you are currently eligible or think that you might be, you can continue to claim for Free School Meals through the new and improved online claims process.

The new claim form will soon be available at: www.wigan.gov.uk/freeschoolmeals
Further information can be found at; **Wigan Council Customer Services**

Phone: **01942 489002** Email: benefits@wigan.gov.uk Web: www.wigan.gov.uk/benefits

SCHOOL MEAL MAP

PRESTON

Fruit, Vegetables
& Milk

COPPULL

Fresh bread

WAKEFIELD

Fresh Eggs
& Cheese

LEIGH

Cooked Meat
& Yogurts

BURSCOUGH

Frozen Foods

A passion for food is the thread which runs through the fabric of Local Kitchen and ensuring the highest quality raw ingredients is a priority to us. We are committed to using local and regional suppliers in order to minimise food miles and to support the local economy. In fact, all our fresh veg is farmed just 12 miles up the road with 95% of our school food suppliers classed as local and 75% of our food purchases produced by local businesses. We are also one of only a handful of local authority caterers to hold the Healthy Good Egg Award.

LOCAL KITCHEN

FEEDING INQUISITIVE MINDS

St Mary's CE Primary
School Wigan

Wigan Council